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## HEALTH PSYCHOLOGY | RESEARCH ARTICLE

# Relationship between emotional maturity, self-esteem and life-satisfaction: A study on traditional dancers of Odisha region

Sudarsan Behera<sup>1</sup> and B. Rangaiah<sup>1\*</sup>

**Abstract:** Dance is a dynamic root point to develop emotional maturity, self-esteem and life satisfaction. The present study aims to examine emotional maturity towards dancer's life satisfaction through the presence of self-esteem. The study intentionally portrays co-association between study variables like, emotional maturity, self-esteem and life satisfaction through SEM. It divulges direct and indirect model with elucidating path relationship by using structural equation model. Data were collected from traditional dancers (176 Odissi and 116 folk dancers) at Odisha state in India by administering Rosenberg's self-esteem scale, emotional maturity scale, life satisfaction scale and demographic information profile. The results reveal that all the variables of factor loading are greater than 0.40 based on EFA and CFA. The multivariate analysis technique used to perform the structural model of variables and their inter-relationship. Furthermore, the indirect model declared satisfactory model that the magnitude of the regression path coefficient ( $\beta$  value) leading from emotional maturity through the moderator self-esteem towards criterion variable life satisfaction. The results are discussed in terms of sociocultural context of India.

**Subjects:** Exercise Psychology; Psychological Science; Dancers; Dance History; Cultural Studies

**Keywords:** emotional maturity; self-esteem; life satisfaction and traditional dance



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### ABOUT THE AUTHOR

Sudarsan Behera is in the Department of Applied Psychology at Pondicherry University. Behera completed Post-Graduate, MPhil as a Psychology honors from Centre of Advance Study in Psychology, Utkal University, Bhubaneswar, Odisha and awarded Doctoral Fellowship from Indian Council of Social Science Research (ICSSR), New Delhi. The research article entitled "Relationship between Emotional maturity, Self-Esteem and Life-satisfaction: A Multivariate Analysis of Traditional Dancers" was part of Behera's PhD research thesis which was an associated work with B Rangaiah, Pondicherry University, Puducherry.

### PUBLIC INTEREST STATEMENT

The present research article is completely new in the field of psychology. Particularly in India, the dance-related research work was recently developed, but here no fringe sources and efforts towards dance studies in India. We have not found any research-related work in this area due to the lack of experts in this area. Nowadays society requires many co-curricular activities through the people who achieve enormous materialistic life. Dances, exercise, music, sports, art etc. advancing multi-tasking curricular are important to change human beings life style. People dance to create new things or images for new generation. In general, emotional maturities remain sensitive to contribute life satisfaction in the presence of self-esteem which is the main aim of the present study. Lifelong dance is a valuable part of a life which promotes physical, social, psychological, emotional, cognitive development that is very necessary for human beings life.

## 1. Introduction

The scientific study of traditional dance is comparatively of recent origin and linked with many areas worldwide. The arena of dance-related research work is mounting very rapidly not only in developed countries of the World but also in developing countries, particularly in India. Today modern society are grasping the practical benefits and implications of dance. The benefits are directly related with human beings life satisfaction. In addition, it is also difficult to existence the speed and progress of Indian traditional dances. India is a land of art and culture which stand by their traditional perspectives. Every state of India live for their indigenous cultural heritage along with its own dance style, music pattern, architecture, art and drama etc. As per the region of India all traditional dances were originated from their own respective cultures and traditions. India is famous for their culture and tradition with their oldest archaeological work which was found in the history of early dance was omitted 30,000 years old paintings like Rock shelters of Bhimbetka (Asian Stone Age), Paintings and variety of smudge as the proof of dancing figures (Manohar, 2001). The traditional dances are formulated from that archeological work which was extremely traditional following the strict rules of the Bharatha Muni (saint) in the *Natyashastra* is a great oldest surviving *Natya* text in the world. Presently not only in India but also in whole world realize and imagine that the traditional dance reached the upper head of society for their famous Indian traditional norms, gestures, costumes etc. Exponents believe that Indian classical dance has a calibre of creating a new and disciplined life style in society from various directions.

India has eight classical dance forms such as; Bharatnatyam, Odissi, Kuchipudi, kathak, Kathakali, Mohiniatyam, Manipuri and Sattriya. Odissi is one of the classical dance forms of India; particularly it originated in the eastern part of Odisha. It has two types of traditional dance forms like classical dance form called “*Odissi dance*” and other one is purely “*Anchalika*” or village dance form called folk dance. Odisha is one of the states in India, who has stand by pure “*anchalika*” and village “*folk cultures*”. Some folk dances of Odisha namely; Chhau Nurtya, Sambalpuri, Bharti Leela, Danda Nacha and Prahalada Nataka. It is recreation by a group of people along with some traditional instruments like Dhol, Ghumura, Nishan, Mahuri, Taal and Madal. Folk dance is a pure social dance form which is recreated by a group of people and reflects the traditional life of the people of a certain country or community. It involves a group of happy people following the dance instructions, costumes, music and songs from an experienced caller. Folk dancing is a great exercise and a fun full recreational activity for people of all ages. Folk dance is a pure village traditional and social dance form in India. While there are numerous ancient folk and tribal dances, many are constantly being improved.

Dance is one of our most primal relationships with nature, culture, tradition, history to the universe. Naturally, people achieve successful, mobility, satisfaction, joyful, entertainment and move to express thoughts or feelings within the parts of world through dance. It is helpful towards life-oriented activities and its growth can take place positive valuation towards relationship with life. Many studies suggested that dance practice are helpful to develop self-esteem, emotional maturity, good health and provides life satisfaction (Good, 1981; Mainwaring, Krasknow, & Young, 2004; Staden, 2003).

According to Pickard and Bailey (2009) dance is a technical tool for assistance to develop self-esteem, self-confidence, consciousness, awareness, alertness and a sense of responsibility. Dance is a source to ripen self-reference and self-concept which is directly linked with self-esteem through physical activity (Huang & Gao, 2013; Murrock & Madigan, 2008). Kourkouta, Rarra, Mavroeidi, and Prodromidis (2014) study on the contribution of dance towards health. The study concludes that the dance is a medium to predict expressive ability, feelings, understanding, healthy life and positive emotions. These factors were important indicators towards life satisfaction.

In the recent study suggested that self-esteem as a mediate and moderating factors related, and thus account to predict healthy life in association between emotional intelligence and life satisfaction (Zeidner, Matthews, & Roberts, 2012). Some studies found that self-esteem associated with life satisfaction (Kong, Zhao, & You, 2012; Rey, Extremera, & Pena, 2011; Westaway, Martiz, & Golee, 2001; Yamawaki, Peterson Nelson, & Omori, 2011). Emotional intelligence is related with high

self-esteem (Dong, Urista, & Gundrum, 2008; Kong et al., 2012; Schutte, Malouff, Simunek, McKenley, & Hollander, 2002). Both emotional intelligence and emotional maturity are inter-correlated in which emotional intelligence defines the ability to recognize and manage one's own and others emotion, in other side, emotional maturity defines that the ability or capability based on your emotional intelligence to deal successfully within emotional control (Thingujam, 2002). Thus, the emotional maturity is a part of life satisfaction. Gallagher and Vella-Brodrick (2008) explored that the high emotional trait human being perceive more social support from others, those have perceived more social support have feeling high level of life satisfaction. Runcan and Iovu (2013) studies on emotional intelligence and life satisfaction in Romanian University students: the mediating role of self-esteem and social support. The bootstrap analysis of the study suggested that self-esteem and social support partially mediated life satisfaction with the association between emotional intelligence and social support. Another study by Hein (1999) suggested that emotional intelligence is a part of emotional maturity which was recognized one side of a coin. Both are correlated and have positive effect towards psychological well-being.

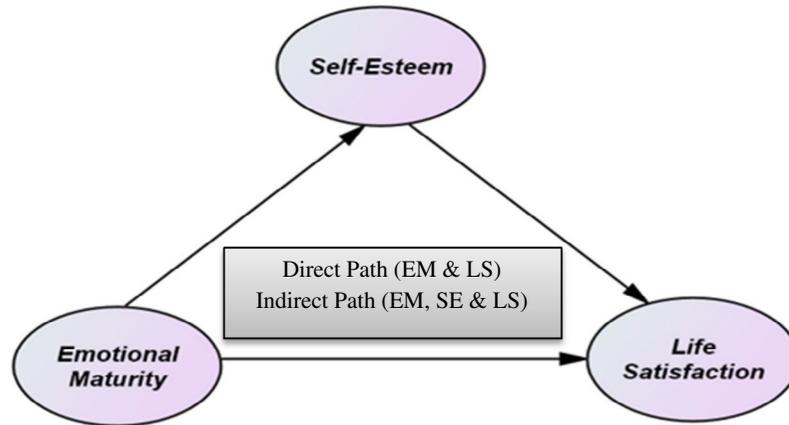
Sonstroem, Harlow, and Josephs (1994) developed exercise and self-esteem structural model (EXSEM) and explained based on contemporary theory, that indicates one's ability to perform specific exercise or training activities generalize to a broader perspective of self-esteem, confidence and competence. Marsh (1989, 1994) found that physical competence and physical acceptance is a cognitive component to introduce physical self-esteem. Importantly, self-concept is viewed as a strong contributor towards self-esteem and physical factors (Marsh & Sonstroem, 1995).

Finley (1996) suggested that maturity is the capacity of mind to endure an ability of an individual to respond to uncertainty, circumstances or environment in an appropriate manner. van Heck, Oudsten, and Den (2008) suggested that emotional abilities are strong predictors towards healthy life and psychological well-being. The positive emotional state is a best indicator towards life satisfaction, health fitness and well-being. The ability accurately perceives emotional expression, the ability to understand and regulate emotions to promote emotional and intellectual growth (Mayer & Salovey, 1997). The study also found that those have strong capacity to regulate their emotions should be able to maintain good health, psychological well-being and better outlook on life (van Heck et al., 2008; Salovey, 2001). Rey et al. (2011) studies conducted on 316 Spanish adolescents to examine emotional intelligence, self-esteem and life satisfaction through structural equation model. The results found that mood clarity and emotional repair had a significantly direct and indirect link with life satisfaction through self-esteem. Self-esteem is positively associated with emotional function and life satisfaction and happiness (Lyubomirsky, Tkach, & DiMatteo, 2006; Moreno, Estévez, Murgui, & Musitu, 2009) and negatively accounting psychological maladjustment (Tennen & Herzberger, 1987).

Age-related developmental changes in health, SES and social interaction may influence life satisfaction (Asakawa, Koyano, Ando, & Shibata, 2000; Connidis & McMullin, 1993; Ghush, Hyde, Stevens, Hyde, & Teasdale, 1996; Spiro & Bossé, 2000; Steverink, Westerhof, Bode, & Dittmann-Kohli, 2001). Neugarten, Havighurst, and Tobin (1961) proposed the theoretical conception of life satisfaction related to five factors like congruence, resolution, self-concept, mood and zest. All these factors associate with life satisfaction and individual well-being. The independence level of self-esteem and emotional maturity combined with functional health accounts for most of the explained variance in life satisfaction. It is evident that health has a significant influence on life satisfaction in later life. In turn, it can be proposed that impairment represents a factor of health that may also influence life satisfaction.

In the light of the existing literature stating that the importance of dance practice in some important psychological parameters, it is relevant to ask here the pertinent questions as to whether people practicing different forms of dance accordingly associated with the specific parameters like self-esteem, emotional maturity and degrees of satisfaction. The above research variables culturally differ an Indian context from society to society. The human beings nature might be changeable

**Figure 1. Conceptual framework.**



which depends on their living environments and social set-up within society. Emotional maturity is a combination of apt degree of development and proportionate demand of situation. It encounters negative feelings, anxiety, undesirable facts and strong vision of certain reality towards emotional life which is indication of happiness, subjective well-being and life satisfaction. Self-esteem is a human attitude obligatory for normal self-development and survival. It can be more beneficial towards life-oriented activities and its growth can take place positive valuation towards relationship with life, as we say that relationship is maintained with self-oriented life parameters. Both factors emotional maturity and self-esteem play a major role towards human beings life satisfaction. Taking the sociocultural environment of India into consideration, it is also relevant to ask, “Can emotional maturity explain life satisfaction in the presence of self-esteem?” The present study intends to design twofolds: the first aims to divulge EFA and CFA of emotional maturity, self-esteem and life satisfaction. And second aims to introduce structural equation model to examine life satisfaction from emotional maturity through the presence of self-esteem (Figure 1).

## 2. Formulated hypothesis

The hypotheses were framed and articulated from above objectives.

- (1) Emotional maturity, self-esteem and life satisfaction will differ an Indian Context.
- (2) Emotional maturity will positively explain life satisfaction in the presence of self-esteem.

## 3. Method

### 3.1. Sample selection

This study was piloted from the first wave data-set of the traditional dancers of Odisha. Participants included 292 traditional dancers classified as Odissi dancers ( $n = 176$ ) and Folk dancers ( $n = 116$ ), who is continuing their dance till date. The sample size was determined using Krejcie and Morgan (1970) criteria with confidence level of 95% and confidence interval of 4. The ideographic structure of sample was followed by convenience sampling technique. The pertinent criteria for selection of dancers for various groups were Dance form, gender and residence. The mean age (from above 20 yrs) of sample ( $M = 32.43$ ,  $SD = 5.22$ ) composed of 60.3% Odissi dancers and 39.7% folk dancers; 56.5% of males and 43.5% of females; 52.7% of urban and 47.3% of rural dancers (Table 1).

### 4. Procedure and ethical principles

We visited dance academy to collect the list of dancers and also personally contacted them. We found dancers who are willing to participate in this study and to prepare all necessary things for data

**Table 1. Distribution of sample**

Dance form	Gender				Total
	Male Residence		Female Residence		
	Urban	Rural	Urban	Rural	
Odissi dancer	45	50	38	43	176
Folk dancer	48	22	22	24	116
Total	93	72	60	67	292

collection. The participants were informed that their participation in the study was voluntary and would secretly maintain personal anonymity. Participants' willingness and data collection were done by following all ethical rules and procedures. Also maintain ethical principles like privacy and confidentiality, totality of responsibility, compliance, voluntariness and non-exploitation etc. successfully gained participants trust and co-operation in this way. The ethical issues of the present study were approved by Ethical Committee, Pondicherry University. The research tools for the present study were translated from English to Odia language. Selected dancers received information consent form that advising the participants for the main purpose of investigation was to measure the dancers' self-esteem, emotional maturity and life satisfaction. Three hundred and fifty questionnaires were distributed in eight districts of Odisha and contacted them confidentially. The questionnaire has 93 statements including demographic data sheet. It was estimated that the questionnaire took approximately 25–30 min to complete. And finally 292 questionnaires were collected from participants. The response rate indicates 97.3% on the basics of total questionnaires. Another 2.7% participants were excluded due to the missing data and incomplete questionnaires.

## 5. Measures

### 5.1. Resenberg's self-esteem scale

The Resenberg's Self-Esteem Scale (Morris Rosenberg, 1965) was used to measure the participants' global self-esteem. The scale attempts to gauge a respondent's basic attitude towards his or her own worth. The scale consists of 10 statements with 4-point Likert-scale design. The responses were given "Strongly Agree (SA)", "Agree (A)", "Disagree (D)", "Strongly Disagree (SD)" with the scores of 3, 2, 1 and 0 marks, respectively. The positive statements are 1, 3, 4, 7, 10 and other statements like 2, 5, 6, 8 and 9 are reverse scoring. The higher the score, the higher the self-esteem will be and the lower the score, the lower the self-esteem will be.

### 5.2. Emotional maturity scale

The Emotional Maturity scale (Singh & Bhargav, 1990) was used to measure the emotional state of participants. The scale had five dimensions: (1) Emotional Stability, (2) Emotional Progression, (3) Social Adjustment, (4) Personal Integration and (5) Independence. The scale consisted of 10 items in each dimensions except for one dimension i.e. independence which has 8 items. The responses were given based on 5-point Likert-rating scale with the following correspondence such as "Very Much", "Much", "Undecided", "Probably" and "Never". The responses are scored according to weight age of 5 to 1 ranging from "Very Much" to "Never". The higher score indicates emotional immaturity and the lower score indicates emotional maturity.

### 5.3. Life satisfaction scale

The Life Satisfaction Scale (Singh & Joseph, 1997) was used to measure basic areas like taking pleasure in everyday activities, considering life meaningful, holding a positive self-image, having a happy and optimistic outlook and feeling success in achieving goals. Thus, items related to the individuals

all around activities give a global picture of one’s life satisfaction level. The responses were given 5-point Likert-rating scale. The scoring is done by assigning scores of 5, 4, 3, 2 and 1 to the response of “Always”, “often”, “sometimes”, “seldom” and “never”. The higher score indicates high level of life satisfaction and the lower score indicates low level of life satisfaction.

**5.4. Demographic profile**

The Demographic Profile described the general characteristics of the sample. The information sheet was developed by the researcher to collect background information from the respondents. It contains items to seek personal information like name, gender, age, address, language, dance form, qualification, residence, marital status, income, experience and causes for satisfaction with dance.

**5.5. Statistical treatment of data**

The exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) used to determine the purification of data and to investigate factor loadings of observed variables through “maximum likelihood (*oblimin rotation*)” technique and to establish a measurement model. IBM SPSS and AMOS-20 used to treat and equate the goodness-of-fit index across the structural model and also identify the other values like GFI, CFI, NFI, RMESA,  $\chi^2$ (chi-square). The application of EFA used to identify the number of good factor loadings of research variables. The index of goodness-of-fit (KMO test) was calculated for the purpose of suitable loading factors and expected value under the model. The poor loading statements were extracted due to the unfit of factor loadings of the series. The number of factors was assessed based on eigenvalues of 1 (Kaiser, 1961).

Goodness-of-fit index (GFI): it defines how well it fits a set of observation. Measures of goodness-of-fit typically summarize the difference between observed values and the values expected under the model. The possible range of GFI value ranges from 0 to 1. Higher value indicates better fit. Typically value of 0.90 and above is considered to be good.

**Table 2. Factorization of research variables with reliability and validity**

Variable	Items		$\alpha$	GFI	CFI	NFI	RMESA	Loading range
	Ori. items	Ret. items						
<i>Emotional maturity (FS) 0.78</i>								
Emotional stability	10	8	0.72	0.99	0.96	0.98	0.05	0.45–0.80
Emotional progression	10	6	0.67					
Social adjustment	10	8	0.57					
Personal integration	10	9	0.65					
Independence	8	6	0.66					
<i>Self-esteem (FS) 0.64</i>								
Positive attitude	5	5	0.54	0.95	0.90	0.84	0.06	0.50–0.76
Negative attitude	5	5	0.56					
<i>Life satisfaction (FS) 0.94</i>								
Pleasure activity	9	8	0.77	0.98	0.99	0.98	0.08	0.89–0.91
Meaningful life	6	6	0.76					
Positive self-image	8	7	0.80					
Optimal outlook	5	5	0.82					
Achieving goals	7	7	0.75					

Notes: Ori. items: original items; Ret. items: retained items;  $\alpha$ : Cronbach’s test; GFI: goodness-of-fit index; CFI: comparative fit index; NFI: normed fit index; RMESA: root mean square error of approximation; FS: full scale.

Normed fit index (NFI): It analyses the difference between chi-squared value of the hypothesized model and the chi-squared value of the model. It ranges between 0 and 1, and a model with perfect fit would produce an NFI of 1 but with a cut-off of 0.90 and greater indicating a good model fit.

Comparative fit index (CFI): The CFI is an incremental fit index that is an improved version of the NFI. The CFI is normed so that values range between 0 and 1, with higher values indicating better fit.

Root mean square error of approximation (RMSEA): it defines how well a model fits a population, not just a sample used for estimation. It overtly tries to correct for both model complexity and sample size by including each in its computation. Lower RMSEA value explain better model fit. A value of 0.06 or less is indicative of acceptable model fit.

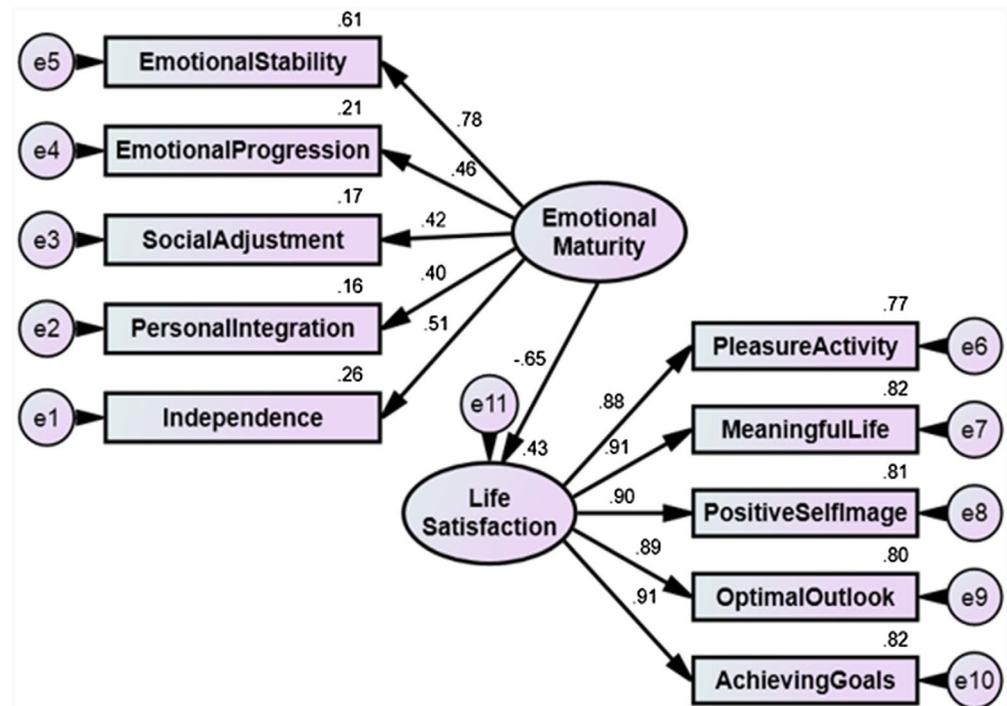
Factor analysis is essential to test the structural equation model. CFA was used to estimate the convergent and discriminate validity. CFA estimation is necessary to analyse best loading factors and poorly loading factor elimination by using AMOS-20 package. The measurement model (Table 2) reported to identify factor loading of variables along with covariance analysis. In the co-variance model, clearly outlook various fit measures like CFI, NFI, RMESA and GFI of the scales were gained along with Cronbach's alpha ratio of each construct was testified. The analysis was tested with two sections like Measurement model (CFA) and Structural Model (path relationship). And finally, portrays direct and indirect model for testing the research hypothesis.

## 6. Results

In this section, first introduced the measurement model (CFA) for appraised factors loading ( $>0.40$ ) of study variables namely, Emotional maturity, Self-esteem and Life satisfaction. Emotional maturity have five dimensions like Emotional stability, Emotional progression, Social adjustment, Personal integration and Independence; Self-esteem has two factors like Positive attitude and negative attitude; and Life satisfaction was introduced in five areas like Pleasure activity, Meaningful life, Positive self-image, Optimal outlook and Achieving goals. The model was hosted, not only the relationship among variables but also unique covariance among them. Palmer, Donaldson, and Stough (2002) suggested that in SEM the correlation matrix will be converted into a covariance matrix.

Table 2 observed reliability and validity with the factorization of emotional maturity, self-esteem and life satisfaction. The CFA model showed purifying factor loadings of variables and to test relationship among variables by the structural equation model. The various dimensions of emotional maturity loading ranges from 0.45 to 0.80 and self-esteem loading ranges from 0.50 to 0.76 and the dimensions of life satisfaction loading ranges from 0.89 to 0.91. The scale reliability was found to have acceptable value by using Cronbach's  $\alpha$  test. The model explains significant decrements in fit according to the GFI (0.92), CFI (0.95), NFI (0.93) and RMESA (0.83). The chi-square ratio was significant beyond 0.01 levels. After it fits to the CFA, directly jump to the structural model. The structural equation model was implemented to test the formulated hypotheses. It was appearance that the direct and indirect structural relationships of latent variables in the present study. The standardized parameter of direct model is portrayed in Model-1.

Model-1: Direct path analysis of emotional maturity towards life satisfaction.



Model-1: Direct Model: All reported standardized path co-efficient in the parentheses with  $\beta$  value.

The Model-1 and Table 3 reported that the test was converged after 10 iterations, yielding  $\chi^2 = 131.89$ ,  $p < 0.01$  and the Incremental fit index indicating model fit. The standardized parameter estimates in this model. The direct path co-efficient reported that the model reflects the structural relationships between emotional maturity and life satisfaction. The path coefficient was showed significant beyond 0.001 levels. The emotional maturity and life satisfaction path co-efficient found negative ( $\beta = -0.65$ ) based on this analysis, we assumed that there was inverse relationship because all the dimensions of emotional maturity were negative statements (high score indicates emotional immaturity and low score indicates emotional maturity). The emotional maturity had a significant positive effect towards life satisfaction. The direct model was found satisfactory,  $\chi^2(df = 35) = 131.89$ ,  $p < 0.01$ . This model also showed improvement of fit over the measurement model GFI = 0.91, CFI = 0.94, NFI = 0.93 and RMESA = 0.90 with PGFI = 0.61, PCFI = 0.74 and PNFI = 0.72.

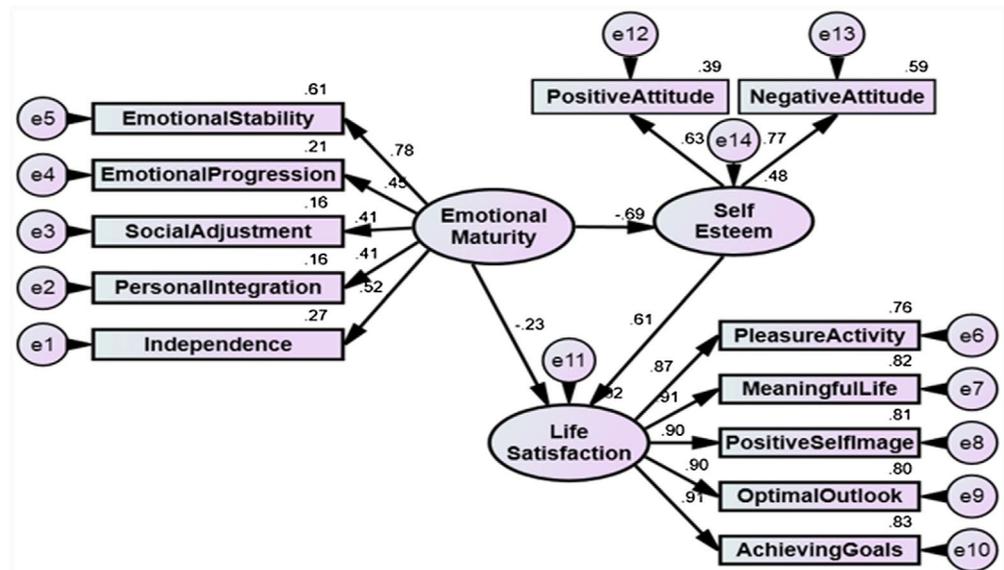
**Table 3. Fit measures of direct and indirect model**

$\chi^2$	df	$\chi^2/df$	GFI	CFI	NFI	RMESA	PGFI	PCFI	PNFI
<i>Model-1: Direct model</i>									
131.88	35	3.76**	0.91	0.94	0.93	0.98	0.59	0.73	0.71
<i>Model-2: Indirect model (via self-esteem)</i>									
161.34	52	3.11**	0.91	0.94	0.92	0.85	0.61	0.74	0.72

Notes:  $\chi^2$ : chi square; df: Degrees of freedom; GFI: goodness-of-fit index; CFI: comparative fit index; NFI: normed fit index; RMESA: root mean square error of approximation; PGFI: Parsimony goodness-of-fit index; PCFI: Parsimonious comparative fit index; PNFI: Parsimony normed fit index.

\*\*Significant at 0.01 level.

Model-2: Indirect path analysis of Emotional maturity towards Life satisfaction via Self-esteem.



Indirect Model (via Self-Esteem): All reported standardized path co-efficient in parentheses with  $\beta$  value.

Indirect path analysis was depicted in Model-2. A satisfactory fitting of the direct model was obtained to jump the second structural model (Indirect path via Self-esteem). In accordance with the conventional method of testing hypothesis was “To examine emotional maturity towards life satisfaction in the presence of self-esteem”. The moderator factor will consist of self-esteem, it has positive and negative attitude. Some literature found that emotional maturity, self-esteem and life satisfaction were positive relationship. The present study indicates that the path coefficient of self-esteem and emotional maturity was obtained negative, so the results assumed that the relationship was inversed (based on negative statements of emotional maturity scale). The moderator self-esteem to conjunction with regression paths leading from the emotional maturity to the observed variables positive attitude and negative attitude (unobserved variable, self-esteem). The moderator effect was declared the magnitude of the regression path coefficient leading from emotional maturity positively explain criterion factor life satisfaction in the presence of self-esteem. The structural model-2 (indirect path) was found significant path beyond 0.001 levels. The results found after 10 irritations, yielding  $\chi^2 = 161.34, p < 0.01$  and the Incremental fit index (0.94) indicating well-fit model. The model-2 showed that self-esteem was explained as a moderator effect on life satisfaction not in mediating effect. The indirect model was found satisfactory,  $\chi^2_{(df=52)} = 161.34, p < 0.01$ . This Indirect model also identified to well-fit in this construct such as GFI = 0.91, CFI = 0.94, NFI = 0.93 and RMSEA = 0.85 with PGFI = 0.61, PCFI = 0.74 and PNFI = 0.72.

## 7. Discussion

The present study revealed the nature and structure of emotional maturity, self-esteem and life satisfaction as well as a structural path relationship among them. The results found that there was significant positive relationship between Emotional maturity and Life satisfaction. Both internally and externally related each other. Self-esteem is generally a stable characteristic of humans and developed through an individual’s life experience. Thus, the experience attached with their emotional state directly or indirectly. As an individual’s identity gets better established, this gives him/her a sense of inner continuity that helps to increase their Self-esteem (Hurlock, 1981). Perceived emotional factor was associated with higher life satisfaction and increased feelings of self-esteem presumed with emotional state and satisfaction (Rey et al., 2011). Clarity of emotion better accounted life satisfaction (Extremera & Fernández-Berrocal, 2005). According to Useche and Serge (2016)

suggested that satisfaction with life is an essential variable to be considered as part of the approach to well-being and quality of life.

Emotional maturity and Self-esteem somehow influence dancers' satisfaction. Those who have emotional fully mature/strong; he/she can easily control their own emotional state as well as best account of others. Those who have high Self-esteem are presumed to be psychologically happy and healthy and low self-esteem presumed to have reverse relationship with psychological health. Self-esteem is an attitude about the self and is related to personal beliefs about skills, abilities, social relationships and future outcomes. It proved that the duration of dancers' experience depend on their satisfactory life. Self-esteem is positively associated with emotional function and life satisfaction and happiness (Lyubomirsky et al., 2006; Moreno et al., 2009) and negatively accounting psychological maladjustment (Tennen & Herzberger, 1987). Subjective well-being concerns human beings self-reported assessment of their own well-being which it linked with health and quality of life (Altun, Kaya Ozbağ, & Arli, 2014; Kobau, Snizek, Zack, Lucas, & Burns, 2010).

The structural model (direct path) reported that emotional maturity significantly explains life satisfaction of present investigation from traditional dancers. It suggested that emotional mature person is able to understand and manage their emotional state under control. It is a one type of human trait that to parade our emotion appropriately usually it reflects and increased emotional stability, emotional adjustment and attainment of self-regulation (Singh & Bhargav, 1999). The power of emotional maturity encounters negative feelings, anxiety, undesirable facts and strong vision of certain reality towards emotional life (Good, 1981). In addition, it indicates positive emotional health which is a part of well-being and displays human beings life satisfaction. The present study found emotional maturity positively explains life satisfaction through SEM which is acceptable.

The structural model (indirect path) reported that emotional maturity significantly explains life satisfaction in the presence of self-esteem. The results indicate that self-esteem as a moderator role in the relationship between emotional maturity and life satisfaction. As observed, the results of present study are consistent with earlier studies by Kourkouta et al. (2014) that found dance is a medium to predict expressive ability, feelings, understanding, healthy life and positive emotions. The study concludes that self-esteem, positive emotion and well-being were predicted by dance practice. Positive emotion and positive self-esteem are an indication of life satisfaction. Diener and Lucas (1999) hypothesized that emotional well-being and self-esteem are positively correlated; improvement of emotional well-being of participants would lead to an improvement in their self-esteem to detect human beings life satisfaction. According to Runcan and Iovu (2013) found that emotional intelligence dimensions like regulation of emotion, self-emotion appraisals, others emotional appraisals and use of emotion were significantly positive effect on self-esteem that indicates more positive statements regarding life activities. In addition Olvera (2008) suggested health-related dance practice has become more popular and very entertaining, enjoyable, pleasurable, fun full activity that promotes physical, social and psychological benefits as a part of life satisfaction. Roothman, Kirsten, and Wissing (2003) emotional state is a part of psychological component and process to compact with emotional health. The emotion positively related with self-consciousness, self-confidence and life satisfaction.

Seligman (2006) reported that well-being, daily activity, optimistic outlook, pleasure activity were vital area in positive psychology that courtesy humans positive facets of mental health and well-being to representing life satisfaction. The study also portrayed that strangeness of emotional state should be able to maintain good health, psychological well-being and better outlook on life (van Heck et al., 2008; Salovey, 2001). Rey et al. (2011) found that emotional intelligence positively accounting life satisfaction by the presence of self-esteem. Also found that mood clarity and emotional repair had a significantly direct and indirect link with life satisfaction through self-esteem. In the recent study suggested that self-esteem as a mediate and moderating factors towards the association between emotional intelligence and life satisfaction (Zeidner et al., 2012). Personal values such as, human attitude, self-esteem, self-consciousness, alertness, emotional stability, emotional

maturity, social adjustment etc. suggested that the values to group together and form a higher order value domains like satisfaction, happiness and well-being (Joshnloo et al., 2016; Schwartz et al., 2012).

## 8. Conclusion

On the basis of this study, it is concluded that the nature of the traditional dance to develop dancers' emotional maturity has direct relation to their self-esteem. The result of the current investigation indicates that the importance of traditional dance to help positively life instincts. Both emotional maturity and self-esteem are associated with life satisfaction. Emotional factors positively account life satisfaction through the moderator self-esteem. Gradually it is building many kinds of literacy while developing intuition, reasoning, imagination, healthy, self-esteem, self-confidence, self-image and emotional maturity into unique forms of expression and communication. Both physically and psychologically it contributes positive well-being as well as provides life satisfaction. Further research is required in this area. This study might benefit future research by suggesting different approaches and methods like (qualitative and quantitative) of improving the study. The results depicted extended support to the existing literature of dance as well as field of dance psychology and other related areas. The psychological aspects on the dance studies, methods are used to facilitate the present and future knowledge in dance literature of India. It indicates human beings materialistic life in modern era.

## 9. Limitation of the present study

The limitations of the present study were outlined on sociocultural perspectives in India.

- The present study pursued descriptive research design based on purposive sampling technique. Hence, it could be unwise to generalize the findings of the study.
- The study was limited only to professional traditional dancers namely, classical dance form and folk dance forms of Odisha.
- The scope of the study was limited to some psychological parameters namely, self-esteem, emotional maturity and life satisfaction and other psychological factors are required for further study on same sample.
- The study showed that the emotional maturity positively explained outcome factor life satisfaction by the presence of self-esteem. In this context, more studies are required with other classical and folk dancers in India to generalize the same finding.
- Addressing these limitations in a replication of the current study would be both informative, enlightening and interesting.

The study was restricted to other classical dances and folk dances in India. It would be unwise to generalize the findings to other styles of traditional dances. Future studies may be extended to include all traditional dance styles like classical and folk dance forms with wide coverage of areas all over India. The present study was done by only taking traditional dance forms of Odisha and this investigation was undertaken under the constraints of resources and time. Therefore, a similar study with other traditional dance forms in India is needed to generalize actual point of humans' self-esteem, emotional maturity and life satisfaction.

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